IHC Employee Assistance Program 36 South State Street, Suite 950 Salt Lake City, UT 84111-1146

Tune-Up Your Life "Avoiding a Caregiver Breakdown"



4th Annual Caregiver Conference

October 22, 2005 8:00 a.m. to 2:30 p.m. South Towne Expo Center



The Heart of Caregiving: Taking Care, Giving Care

Program Overview

Are you a caregiver?

Whatever your age, if you provide care that helps a person who is frail, elderly, or disabled, you are a caregiver.

Did you know that family and volunteer caregivers provide 85 percent of all home care given in this country?

Caring for a relative or friend may be something you never expected or wanted. It may happen slowly or suddenly.

Few of us are trained to be caregivers. While caregiving can be physically and emotionally demanding, you can learn ways to make it easier.

Fortunately, many resources are available to help you gain answers to your questions, discuss issues knowledgeably, and locate help if you need it. This conference seeks to address some of those issues.

Objectives

Acknowledge caregiving challenges while providing participants with information and resources that will help them take care of themselves and their loved ones.

Faculty

Cherie P. Brunker, M.D.

Geriatrics Division Chief LDS Hospital U of U School of Medicine

Teresa Dieringer, C.M.C.

Partner/Geriatric Care Manager Golden Years Consultants

Dini Droquett, Gerontologist

Family Services Director Alzheimer's Association

Terri Anne Flint, Ph.D., L.C.S.W.

Director, IHC EHS Intermountain Health Care

Joan Kasteler

Gerontologist

Joanne Lovejoy

Tai Chi Chih Instructor Intermountain Health Care

Mike Scott

Community Education Specialist **Utah Attorney Generals Office**

David Turner, M.Ed.

Salt Lake County Aging Services

Conference Schedule

Registration and 8 a.m. **Continental Breakfast** "Ask the Expert" Booth 9:00 Welcome 9:15 **Maintain Your Brain Dini Droguett** 10:00 Break **Maintain Your Safety** 10:15 Joanne Lovejoy Dr. Cherie P. Brunker Mike Scott **Teresa Dieringer** 12:00 Lunch **Maintain Your Humor David Turner** "Ask the Expert" Booth 1:00 **Maintain Connections** Joan Kasteler **Maintain Your Joy** 1:45 **Terri Anne Flint Closing Comments &** 2:30 **Evaluations** "Ask the Expert" Booth

Registration

Cost of the conference is \$15.

Pre-registration is preferred.

You can either mail in
the attached registration form
or call 1-800-832-7733.

Lunch and a continental breakfast will be provided.

Thank you

"Thank you, you have given me a new hope for the future."

-2004 Caregiver Conference

"I really like the great ideas, the happy smiles and the positive atmosphere."

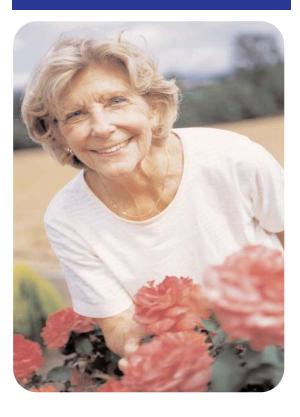
-2004 Caregiver Conference

"It was so helpful to talk to other people going through the same kind of experiences."

-2004 Caregiver Conference

Resource materials will be available at the conference.

This conference is sponsored by AARP, Alzheimer's Association, Utah Chapter, Intermountain Health Care, Salt Lake County Aging Services, Sun Litho Printers, Utah Caregiver Coalition and UCARE.



Experts on gerentology, medications, financial assistance and community resources will be available at our "Ask the Expert" booth for one-on-one answers.

Registration Form

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4th Annual Caregiver Conference

South Towne Expo Center 9575 S. State Street Sandy, Utah

> October 22, 2005 8 a.m. to 2:30 p.m.

To register call us at 1-800-832-7733 or send your registration and \$15 check to:

IHC Employee Assistance Program 36 S. State Street - Suite 950 Salt Lake City, UT 84111

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The cost of the conference is \$15 (scholarships available). Pre-registration is preferred. You can either mail in the attached registration form or call 1-800-832-7733.